



YEARBOOK 2015



CHANGING MINDS...
ONE STEP AT A TIME!

2015 Honorary Chairpersons



Victoria Steele
AZ State Legislative District 9



Eddie Grijalva,
Tribal Liaison-CPSA

Recovery

In recent years, there has been increased recognition that recovery can refer to a person's improved capacity to lead a fulfilled life that is not dominated by illness and treatment. This is known as the "recovery approach" or "psychosocial rehabilitation". In contrast to the medical approach, the recovery approach does not require people to experience reduced symptoms or the reduced need for medical and social care. It is more about experiencing the improved quality of life and higher levels of functioning despite the illness. Recovery in this sense does not mean that the illness has gone into complete remission. It means that over time, through what for many is a long and difficult process, individuals can come to terms with their illness by first learning to accept it and then moving beyond it. They can learn to believe in themselves as an individual by learning their strengths as well as their limitations and coming to realize that they do have the capacity to find purpose and enjoyment in their lives in spite of their illness. The successful recovery model sees individuals with mental illness as active participants in their own recovery process.



**Wear the Silver
Pin to promote
Awareness!**



About Us

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illnesses. These illnesses include major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD) and borderline personality disorder. NAMI is a non-profit organization with more than 950 affiliates in all 50 states,

the District of Columbia, Puerto Rico and the Virgin Islands. NAMI's goal is to provide education, support, and advocacy to eliminate stigma and to offer hope for recovery and a fulfilling life.

Every year, regardless of race, age, religion or economic status, mental illness impacts the lives of nearly 60 million Americans. One quarter of all social security disability payments are for individuals with mental illness. Just as startling is the fact that in the United States, the economic impact of mental illnesses is estimated to be \$80 billion annually.

The National Institute of Mental Health reports that one in four adults experiences a mental health disorder in a given year. One in 17 lives with a serious mental illness (SMI), such as major depression or schizophrenia, and one in 10 children has a serious mental or emotional disorder. Yet two-thirds go without treatment, mostly because of stigma and their inability to access care. However, up to 90% of people being treated for mental illnesses will recover unlike many other diseases such as heart disease and diabetes which have a much lower recovery rate. NAMI Southern Arizona offers an array of support and education programs for families and people with mental illness. For more information, contact us by calling (520) 622-5582 or visit www.namisa.org.



How Far we've come!

NAMIWalks is NAMI's annual mental health awareness program, and our largest fund-raising and awareness campaign is "Changing Minds...One Step at a Time." Nationwide the Walks are projected to raise over \$12 million this year.

Launched in 2003 with 12 sites, NAMI "Walks" in more than 84 communities and has over 175,000 people participating each year. All walkers are encouraged to reach out to family, friends, co-workers and business associates for donations in support of their participation in the Walk. The NAMIWalks events are used to raise money and awareness to ensure NAMI's vital programs and services are available at no charge to provide help and hope to those in need.



The mission of NAMI Southern Arizona is to improve the quality of life for those affected by mental illness including individuals, family members and the community at large by providing education, advocacy and support that is high quality, recovery oriented, and culturally sensitive.

October, 2010

NAMI Southern Arizona is an affiliate of the National Alliance on Mental Illness (NAMI). NAMI has **more than 950** affiliates in all 50 states, the District of Columbia, Puerto Rico, and the Virgin Islands. We are a nonprofit, grassroots organization providing advocacy, education and support to people with mental illnesses and their loved ones. For more than 30 years, NAMI Southern Arizona has been helping individuals with mental illness and their families. Many of our programs, services and literature are also available in Spanish.

Our Services

Advocacy

We offer advocacy for individuals with mental illness as well as for family members. You or your loved one may ask us about patient rights, how to obtain quality mental health services, and more. Staff Advocates and Resource Specialist Advocates are available to answer your questions.*

Education

Family to Family*: A 12-class educational course for family members and friends who have a loved one with mental illness. This course is taught by two teachers who each have a loved one with mental illness.

Peer to Peer*: A 10-class course on recovery for people with a mental illness diagnosis. This course is taught by two mentors who have mental illness and are in recovery.

Parents and Teachers as Allies: An in-service education program presented to school professionals or other agencies working with children and adolescents. We also talk with parents and school officials.

In Our Own Voice*: An interactive presentation offered to community groups; two individuals with mental illness present their stories and an educational video.

NAMI Basics: A 6-class course that provides support and education to parents and caregivers of a child with a mental illness.

Ending the Silence: An early intervention program that engages students in mental health education and discussion. **Public presentations***: Are offered for any civic group, church or other interested party.

Lending Library*: Videos, books and articles help you understand the medical and emotional aspects of various mental illnesses and how to cope with them.

Support

Support groups*: the sharing of experiences, knowledge, hope and coping skills for all those affected by mental illness.

NAMI Connection*: a peer-run recovery support group for those with mental illness that meets once a week.

Heart to Heart: A friendship program where volunteers are trained and matched with individuals who have mental illness to talk and participate in social activities.

*Program or Service Available in Spanish

NAMIWalks 5-Year Sponsors

HOPE Inc.



HOPE's mission is to deliver recovery-based community services using empathy from our own experience to ensure every individual achieves the most fulfilling life possible.

KOLD-13



Tucson News Now is the Internet home for KOLD, the CBS affiliate in Tucson and KMSB, the FOX affiliate in Tucson.

Tucson Medical Center (5 yrs)



Our mission is to deliver caring, personalized, quality healthcare to patients and their families in an environment that is supportive, education-focused and compassionate. Our vision is to enhance the quality of life and overall health for the people of Southern Arizona. And our values...honor tradition, nourish dreams.

Lollie Butler-2015 Poet Laureate, NAMI Southern Arizona

HE FEASTS UPON THE SONGS HE PLAYS *-by Lollie Butler*

I passed him standing by the store,
I'd seen his homeless type before,
He managed on the street, they said
But needed food, a decent bed,

He took a guitar from its case,
His dog stood wearily in place,
Gap-toothed and thin, his shirt was frayed,
He feasted on the songs he played.

In life, some fortunes are delayed
And luck is never overpaid,
I thought he'd earn a handsome wage,
Performing on a concert stage,

He strummed some old, familiar tunes,
Along his wrists, I saw the wounds,
In witnessing, I caught my breath
But who can reason love or death?

Or mental illness gone untraced,
I dropped some money in his case
And lingered listening until dark,
Then watched them wander toward the park.

Some shadows here may give us pause
And some neglect though they have cause.
Of those who manage meager ways,
He feasts upon the songs he plays.



2015 Southern Arizona NAMI Walks Teams-Photos by Linda Dols





NAMIWalks Report & Highlights

\$153,051 was raised- up \$33,000 from 2014

We surpassed our goal of \$140,000!

- ◇ Approximately 2,000 people walked and 4,000 people attended on Walk Day.
- ◇ 77 Teams consisting of families, friends and businesses!
- ◇ Our Honorary Chairs for 2015 were Victoria Steele, AZ State Representative, District 9 and CPSA Tribal Liaison Eddie Grijalva.
- ◇ More than \$20,000.00 in-kind donations-media coverage, food, snacks, water and discounts on equipment, as well as hundreds of volunteer hours. Thank You!

Top 10 Fund-raising Teams

Team Name	Team Captain	Total Raised
1. Cenpatico	Terry Stevens	\$6,200.00
2. Lettes Fight Stigma	Ann Lettes	\$5,775.00
3. With Hope We Stand	Ardith Powell	\$4,703.62
4. Banner University Medicine/ Dept. of Psychiatry & Behavioral Health	Ole Thienhaus	\$4,055.00
5. Grey Matters	Louise Rempfer	\$3,757.00
6. Walking Together	Marion Gudinas	\$3,313.00
7. Defenders Against Stigma	Grace Peterson	\$2,525.00
8. Nature Nurtures	Christina Bickelmann	\$2,220.00
9. Walking for Tom Sardy	Marin Sardy	\$2,015.00
10. Team PCOA	Margaret Coppola	\$1,729.70

Top 10 Teams by Size

Team Name	Team Captain	Team Size
1. Team CODAC	Amber Howell	432
2. La Frontera Stigma Stompers	Dax Franklin-Hicks	189
3. Cenpatico	Melinda Vasquez	133
4. Intermountain Bears	Karen Young	118
5. HOPE, Inc Team HOPE	Eric Stark	111
6. COPE Wellness Warriors	Christina Anaya-Silva	86
7. Pasadera	Jodi Tucker	57
8. Banner University Medical/ Psychiatry	Ole Thienhaus	33
9. Palo Verde Behavioral Health	Lorraine Rodriguez	31
10. PSA Art Awakenings	Robert Demeter	26
10. Sonora Strides Against Stigma	Cindy Cole	26

Top Individual Fund-raisers & Walk Stars

Participant	Team Name	Amount Raised Total
1. Ardith Powell	With Hope We Stand	\$3,277.62
2. Mary Ann Johnson	In the Mood	\$2,645.00
3. Connie Perusse	Grey Matters	\$2,307.00
4. Terry Stevens	Cenpatico	\$1,570.00
5. Dot and Paul Waugaman	With Hope We Stand	\$1,426.00
6. Marion Gudinas	Walking Together	\$1,310.00
7. Fred Cogburn	Community Intervention Associates, Inc	\$1,275.00
8. Gracie Peterson	Defenders Against Stigma	\$1,140.00
9. Louise Rempfer	Grey Matters	\$1,085.00
10. Carianne Campbell	Nature Nurtures	\$1,005.00
11. Christina Bickelmann	Nature Nurtures	\$1,000.00
12. Teri Krantz	Cenpatico	\$1,000.00
13. Ann Lettes	Lettes Fight Stigma	\$1,000.00
14. Marin Sardy	Walking for Tom Sardy	\$1,000.00



T-shirt Winner - Family Team Category

Louise Rumpfer - "Grey Matters" Team Captain



T-shirt Winner - Business Team Category

Christina Anya-Silva- "COPE Wellness Warriors"



NAMI Board of Directors

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Francisco Moreno, MD, Vice President

Ann B. Lettes, MD, Treasurer

Vicki Gotkin, Secretary

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Executive Director

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Ph.D.

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Nancy Masland

Eleanor Schorr

On behalf of the NAMI Southern Arizona Board of Directors, I would like to extend a huge THANK YOU to everyone who contributed to the success of the 2015 NAMI Walk! The Walk exceeded the targeted goal and that is due to the efforts of the dedicated staff of NAMI-SA and the army of volunteers who spent months in preparation and a long weekend (in pretty toasty temperatures) to organize all the moving parts of this big event.

Thanks also to everyone who participated in this year's Walk—by organizing a Walk Team, by making a personal donation, by asking others for donations, and by coming out on Walk Day to enjoy the beautiful spring day with the enthusiastic crowd of Tucsonans who care about the work of NAMI-SA.

Education, support and advocacy on behalf of all those affected by mental illness—that's what NAMI Southern Arizona provides for our community and the funds from the NAMI Walk help make it all possible. Thanks again!

Mary Ann Johnson, President
NAMI Southern Arizona Board of Directors

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**JOIN US NEXT YEAR FOR THE
10TH ANNUAL NAMIWALKS EVENT!**